Hello Lifelong Learners!

Wofford's president Nayef Samhat shared a powerful message with faculty, staff and students of Wofford this week. Below is an excerpt from that message:

"Wofford's mission calls for each of us to make positive contributions to a global society, fostering commitment to excellence in character, performance, leadership, service to others and lifelong learning. Let us use this moment to respond to current events as our mission instructs us. Listen to the concerns and frustrations of our neighbors. Develop the courage to speak against racism, bigotry and hate. Engage with respect, civility and empathy."

You can find the full statement on the college's Facebook page.

Weekly coffee (Zoom) chat for Wofford LLL members, Wednesdays 10:30-11:30 a.m. Hear program updates from staff and committee members and chat with other members. This weekly chat is a great way for members to get comfortable on the Zoom platform. Please register by emailing us at lifelonglearning@wofford.edu to receive the Zoom link the morning of the chat. We can't wait to "see" you!

Until classes start, here are some more online learning opportunities:

1. **Brightstorm**: Learn math, science, English and test prep from experts.
2. **MIT Video**: Curated video produced by the MIT's offices, laboratories, centers and administration.
3. **Working**: Podcast on how Americans do their jobs.
4. **Astronomy Cast**: Discussions on astronomical topics ranging from planets to cosmology.

*Thanks to UCONN OLLI and Janet Alexandersson on Medium.com for the suggestions.*

**Mindfulness and meditation practice**

If you'd like some in-person mindfulness and meditation training, John Simmons, our resident expert, invites you to his 30-minute, free, outdoor meditation and mindfulness sessions at Central United Methodist Church's Central Park at 6 p.m. on Sundays. The two-acre outdoor space, which is conducive to social distancing, has a walkable meditative labyrinth and spacious seating. It is best accessed from North Liberty Street via East St. John Street or East Daniel Morgan Avenue.

**Baking for Boss**
You may know by now that Wofford's mascot's name is Boss. I'm thinking Boss, like your dog at home, would love to sample some homemade treats. **Puppyleaks** has 25 simple five-ingredient recipes sure to make Boss, or your pup, love you even more!

**Go take a hike!**
And we mean it in the nicest way possible. Tired of being cooped up and not ready to go to restaurants or shopping malls? Check out all of the **S.C. Hiking Trails** and I mean, all of them, and experience this beautiful land we live in.

**Make sure your vote counts!**
As if you did not already know it, this year is a presidential election year. Get to know the candidates in your district and make sure your voting information is up to date so your vote will count. You can also keep track of voting locations, absentee ballots and more from this helpful site. If you live in **South Carolina** or **North Carolina**, these sites have all the information you need.

**Who is that tweeting in the yard?**
Wondering about the birds that show up in your yard and why they act the way they do? Everything you could possibly need to know about identifying, tracking, listening to calls and more can be found at **The Cornell Lab of Ornithology**.

**Tour A Castle** (brought to you by Town and Country Magazine)
Go full throttle on the escapism and pretend to be royal by virtually exploring a palace. Whether you want to wander **Buckingham Palace** or see the beauty of **Versailles**, many castles around the world now offer extensive and interactive online tours.
Into the British royals? You can now take an inside look at many of the Royal Family homes including **Windsor Castle**, **The Palace of Holyroodhouse** (the Queen's official Scottish residence), and, of course, **Buckingham Palace**. If you want a more global royal approach, take a look at these virtual tours of iconic palaces worldwide.

**A walk down memory lane**
Take a look at the **People's History** look back to the 30s, 40s, 50s and 60s to see how far we have come and you may also be reminded of fond times gone by.

**Riddle for the week**: A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping. He turned left where there was a "no left turn" sign, and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Still, he didn't break any traffic laws. Why not?

**Share your experience: Researchers want to KNOW!**
Reach out to Morgan Jordan's new school and participate in a study by University of Nevada, Las Vegas researchers. The purpose of this study is to understand how older adults living in the United States are affected by and coping with coronavirus pandemic. You are being asked to participate in the study if you are an adult 50 years and older and reside in the United States. The study will take about 20-30 minutes of your time. **Take the survey now.** PRINCIPAL
INVESTIGATOR(S): Nirmala Lekhak, Ph.D., RN. For questions or concerns about the study, you may contact Lekhak at nirmala.lekhak@unlv.edu or 702-895-5983.

Please let us know:
Have you found an online or local resource that you want to share with your Wofford Lifelong Learning Community? Please, let us know! Visit our Facebook page and leave a comment or email us at LifelongLearning@Wofford.edu.

Riddle Answer: He was walking...not driving.

Stay safe and stay healthy. Please wear your mask in public places. We want to see you sooner rather than later.

To register for a course or event, please call 864-597-4415 or visit wofford.edu/lifelonglearning.

To propose a course or contact the director, please call 864-597-5304 or email Lucy Woodhouse, director of Lifelong Learning.